

WESTWOOD RECREATION DEPARTMENT



LAUGHTER IS THE BEST MEDICINE!

Our ForeverYoung participants know how to have fun! Just look at the above photo of our cardio class to see that while exercise keeps us fit, laughter is still the best medicine.

According to Helpguide.org, laughter draws people together in ways that trigger healthy physical and emotional changes in the body. It strengthens the immune system, boosts mood, diminishes pain, and protects from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Here's what else a good laugh can do:

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies.
- Laughter triggers the release of endorphins, the body's natural feel-good chemicals.
- Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- And finally, laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

So now that you know, take some time to join in on the jokes and find ways to use more laughter in your life!

Adapted from: Helpguide.org "Laughter is the best medicine"



TUESDAY NIGHT IS DATE NIGHT!

Gather up your best girl, and gussy up your favorite guy! Tuesday night is a great date night at Westwood Cinemas where you can take advantage of 2 for 1 pricing!

Since its grand opening in 1928, Westwood Cinemas, formerly known as the Pascack Theater, has featured the latest movie releases in a fun unique family friendly atmosphere. Current owner, Sprios Papas, refurbished this landmark theatre centrally located in downtown Westwood which has become a great meet-up for friends looking for some low-key fun close to home. Treat your date to some pop-corn for a healthy treat, just maybe skip the butter!

MAKE MARCH YOUR MUSEUM MONTH!

Taking in a local museum is a fun way to "make a day of it" with friends after a quick lunch or before a regular dinner date. Just a few short drives away you can pop in to see gallery shows, learn a bit of local history and even tour historic properties! Take a minute to see how March can become Museum month for you and your friends! Check out these local museums and galleries:

The Hermitage - 335 North Franklin Turnpike, Ho-Ho-Kus, New Jersey 07423, thehermitage.org

The Hermitage is one of America's outstanding examples of the romantic Gothic Revival architecture. Take a step back in time and learn about the important role the women and men of the Hermitage played throughout history, from the American Revolution to the preservation of this National Historic Landmark!

The Art School at Old Church - 561 Piermont Rd, Demarest, NJ 07627, tasoc.org

TASOC maintains two renowned art galleries: Mikhail Zakin Gallery, named for their founder, and Café Gallery, both of which host a variety of exhibits throughout the year. The Old Church Pottery Show takes place the first week in December and attracts more than 1000 artists, collectors, and enthusiasts each year. Three generations of individuals have made art and friends at The Art School at Old Church.

Montclair Art Museum - 3 South Mountain Avenue, Montclair, New Jersey 07042 montclairartmuseum.org

The Montclair Art Museum, together with its Vance Wall Art Education Center, engages our diverse community through distinctive exhibitions, educational programs, and collections of American and Native American art.

A SHORT HISTORY OF THE BUNNY HOP!

The bunny hop is a novelty dance created at Balboa High School in San Francisco in 1952. It is a mixer dance, sometimes also referred to as a "party" or "dance party" dance. The dance has been generally done to Ray Anthony's big band recording of the song with this name. It was a vocal hit in 1952, and instrumentally re-recorded c. 1958. The song has been re-recorded by others, including musical updates of the style, for example, a salsa version. Duke Ellington recorded "Bunny Hop Mambo" in 1954. The dance is a variation on a conga line. Participants dance in a line or a circle, holding on to the hips of the person in front of them. They tap the floor two times with their left foot, then with their right foot, then they hop forwards, backwards, and finally three hops forward to finish the sequence, which continues throughout the tune. The first person in the line or the open circle leads the group around the floor.

So gather your friends and family for a "hop" down memory lane by playing the original recording here https://youtu.be/b_Z1p6fAMrM. And be sure to bring your youngest family members to the Westwood Recreation Egg Hunt on April 1st.



The Westwood Bunny is set to make his return to Westwood's Veterans Park on Saturday, April 1, 2023 at 11:00 am. Westwood Kids in PreK to Grade 3 are invited to attend. See westwoodnj.gov/recreation for details.

COMING SOON! ADULT COOKING CLASSES

The Westwood Recreation Department is pleased to announce the grand opening of its newly renovated commercial kitchen at the Westwood Community Center, 55 Jefferson Ave. The completed kitchen features a six burner commercial gas stove and oven, triple basin sink for cleaning and sanitizing, stainless steel countertops and prep island as well as two large refrigerator/freezers. The kitchen now also includes important safety features including a dedicated handwash station, an upgraded commercial exhaust hood and a new fire suppression system.

According to Westwood Recreation Director Gary Buchheister, the renovation was an important part in department's long-term facility improvement plan. "Having a safe and fully functional kitchen in the community center creates many new event and programming opportunities," Buchheister said. "We look forward to exploring the creation of new life-skills classes for all ages such as nutrition, cooking and baking, as well as working with local chefs and caterers on private events and programs."



Our newly refurbished kitchen will be the location of upcoming cooking classes. Look out for details to come!

ForeverYoung Class Overview



FlatIcon - Freepik

SOCIAL CLUB MAHJONG – Collect the most tile-sets to win this ancient Chinese social game.

YOGA & CHAIR YOGA – Stretch and meditate during this restorative practice with certified instructor Tori Karach. Chairs provided for the Chair Yoga class.

STRENGTH & CONDITIONING – Karen Abergast leads a class that works to increase strength/bone density via controlled movements that adapt to everyday activities. *NOTE: At this time Strength & Conditioning are at maximum capacity and we are not taking new enrollments.*

PICKLE BALL – This fast growing sport blends racquet ball and tennis for a fun low-impact workout.

CARDIO FITNESS – Elaine Blumenthal gets you dancing your way to fitness in this fun, energizing low-impact cardio class. *NOTE: At this time Tuesday and Thursday Cardio Fitness classes are at maximum capacity and we are not taking new enrollments. The Friday class does have openings.*

ART – Britt Sikiric teaches the basic techniques of acrylic painting, water color and more.

TAI-CHI – Instructor Hasmig Mekjian teaches this martial art that reduces stress and anxiety.

BASKETBALL – 50+ Basketball invites you to hit the court on Sundays from 8:00-10:00 a.m.

HOW TO USE COMMUNITY PASS

Westwood Recreation Department's Online Registration System

Registering online is simple! But first you have to create an account if you don't have one. Go to westwoodnj.gov/recreation and click on Community Pass Registration Page.

- 1) Click "create an account" if you don't have one (be sure to make a note of your login user name and password)
 - Fill in the fields
 - Click create & accept privacy policy
 - If you already have an account, log-in. (Note, if you have forgotten your login information, please do not create a new account. Call the office and we will sort it out for you.)
- 2) Select Register Now
- 3) Once pop-up box appears, select the option you are interested in, for example 2023 ForeverYoung Over 55 Programs
- 4) Confirm account information and select continue
- 5) Verify your email address and select continue
- 6) Select participant and select continue
- 7) Select class and select continue
- 8) Fill in any form that pertains to you and select continue
- 9) Confirm and complete your transaction.

You will receive a receipt by email. That's it! You are registered! If you encounter any issues, please call the office at 201-664-7882 or stop in at 55 Jefferson Ave. and use the paper registration form.

See you at class!

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ForeverYoung

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Questions, Comments, Concerns? Contact the Westwood Recreation Department
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